Monroe Journeys - Expanded Consciousness and Trusting the Feeling of Perception - February 2020

Rings of Change

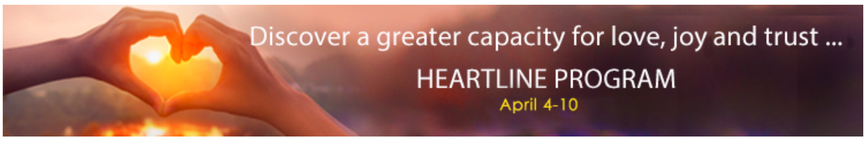
by Scott Taylor, EdD, President & Executive Director

Robert A. Monroe was, first and foremost, an explorer. He was always searching for new ways to discover how and why we are more than our physical bodies. He never stood still. Neither will we. Our new logo and website are, in part, our shout-out to the world that we take to heart Bob's charge to always continue searching, adapting and adopting... **Read More**

Gifts, unexpected … You never know what will happen at a Monroe program

by Barry Koplen, Author, Poet, Monroe Graduate

Fascinating as it was to witness, my doubts lingered. Was that real? Had it actually happened? Using the name of the seaman that had been revealed during the process, Monroe had researched shipping logs preserved by Lloyds of London. He located the ship and its roster from the 1860s; on that list was the name of the man with whom Helen had connected. Read More.



The Wisdom of the Hack: Too Busy to Meditate? Meditate Like the Masters Using this Hack

by Kim Desrosiers, Environmental Consultant, Monroe tech user

I was forty-five years old when I traveled to India for the first time. The trip was to Ladakh, which translates to "land of high passes," the Himalayan and Kundun mountain ranges in that region being ideal for mountaineering. And although I am an ice climber, I wasn't there to climb. I was there to meditate. **Read More.**

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Learn how to stimulate vital organs to promote health.
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Begins Saturday, February 29
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